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EDMONTON • TUESDAY, AUGUST 19, 2008

metronews.ca

Murder reward set

\$10,000 offered for tips on five homicides in gang-plagued Hobbema

JEFF CUMMINGS
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Desperate to solve five recent homicides in Hobbema, the Chief of the Samson Cree First Nation is offering a \$10,000 award per case for a tip that leads to an arrest and conviction.

"Finding the answer to reducing gang violence is complex," said Chief Marvin Yellowbird in a statement. He vowed to "take the steps necessary to address gangs and gang vio-

lence."

That gang violence in Hobbema has a woman living next door to where a 20-year-old mother was shot to death on the weekend vowing to move out of the troubled community by Friday.

"I don't feel safe," said the neighbour who claims she has been warned not to talk to media and asked to remain anonymous. "I just had a stroke recently and it is tough to live here."

Delana Lefthand — who also went by the name of Delana Dixon — was fatally shot in her home Satur-

"Finding the answer to reducing gang violence is complex."

Chief Marvin Yellowbird

day night. Mounties said Lefthand was an unintended target of the shot, fired from outside the Sampson townsite house.

Lefthand's death came one day after police found a man who had his arm grazed by a bullet at the same home.

"In any of these cases, these gang members will refuse to give a statement,"

said Const. Perry Cardinal, a community liaison officer with Hobbema RCMP.

Police, with the help of a volunteer search and rescue group from Red Deer, meanwhile, spent most of the day in the scorching heat yesterday looking for clues near the home.

"I was concerned about her and her little girl, I wasn't concerned about

anyone else in that home," said the next door neighbour who wished to remain anonymous.

"The kids there, they would come out with weapons, some of them are sharp weapons."

Graffiti could be seen scrawled all over the home now blocked off by police tape. A graffiti tag that read "soldiers" could be seen on the pink roof.

Cardinal said 13 gangs are known to police in the aboriginal community, including the well known Indian Posse.



Lightning scars the sky and shocks the earth during a storm early yesterday that knocked out power to parts of the city and burned a house to the ground in Strathcona County. Record-breaking heat has spawned spectacular storms in central Alberta.

Light show knocks out power, hits house

JOLTS Lightning lit up the sky for the second straight night last night. The night before, the sky above Old Strathcona exploded in a shower of alien green light, after lightning struck a power transformer that blacked out an entire neighbourhood for an hour.

Lightning illuminated the night sky for much of

the evening, splintering and creating an incredible light show.

When a powerful zap struck an Epcor power transformer south of 84 Avenue and west of 100 Street around midnight, three powerful green beams shot from the ground, illuminating the entire area in a blinding emerald hue.

At around the same time, a blast of lightning struck a home in rural Strathcona County, engulfing it in flames.

A family with one teenage child fled from the home. Though fire crews were dispatched, the home burned to the ground.

Epcor spokesman Tim le Riche said that the transformer, supplying

power to the greater part of the community north of Whyte Avenue east of Calgary Trail, was replaced, and most homes were powered up within an hour of the jolt.

VICTORIA HANDSIDES/
METRO EDMONTON

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Cleaner sweeps to the rescue

ROBBERY A quick-thinking street sweeper foiled a robbery early yesterday morning, in which the suspect claimed she was a police officer in order to get a woman out of her car.

The crime took place just after 2:30 a.m. a few blocks south of Whyte Avenue on Gateway Boulevard.

A woman who claimed she was an officer, forced another woman out of her car and stole her ID and credit card.

A City of Edmonton street sweeper realized the altercation was an illegitimate heist, and parked his vehicle in front of the victim's car, so it couldn't be moved.

Kelly Anne Fry, 38, has been charged with robbery and impersonating a police officer.

METRO EDMONTON

Entertainment pg12



Fringe goes to the movies

Your Money pg 7

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Transportation critic wants manufacturers to loosen up

Small auto repair shops across Canada are feeling the pinch and federal NDP transportation critic Brian Masse wants major car manufacturers to loosen up. At a car repair shop in Namao yesterday, Masse pushed his private member's bill to give independent repair shops access to diagnostic software — which is in 59 per cent of the 18.4 million vehicles on the road in Canada. **METRO NEWS SERVICES**

3

Local



Take your dog to the ball game

The Edmonton Humane Society and the Edmonton Cracker Cats are teaming up for a unique fundraiser. Tonight is "Pets in the Park Night" at Telus Field. All pets are allowed in the ballpark as the Cracker Cats' battle the Reno Silver Sox. Half the proceeds from \$10 tickets bought from the humane society and proceeds from 50-50 ticket sales will go to help homeless and abused critters. Get those tickets at the humane society at 122 Avenue and 67 Street between noon and 7 p.m. today. Game time is 7:05 p.m. Or call 780 491-3504. **METRO EDMONTON**



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Citytv

News in brief

ASSAULT A teenager who was raped and beaten in the downtown core Sunday morning, was able to flee the scene and lead police to her attacker. Paramedics rushed to assist a 17-year-old girl, who said she had been assaulted in a home near 102 Street and 108 Avenue, just after midnight Sunday. After treatment of the girl's injuries, which included shattered bones in her face, she was able to lead police to the scene of the crime and her attacker was arrested. Abdikarim Mohamed Firin, 28, was charged with sexual assault, forcible confinement and aggravated assault. **METRO EDMONTON**

metronews.ca

What's online today.

Read Allan Small's Investment Perspective for a look at opportunities to profit from the downtrodden financial markets

Watch tips on how to beat the heat, and reports on the resignation of Kandahar's controversial governor and on Canada's continued success at the Beijing Olympics

Play online Sudoku!

Fringe Festival **Hula heats up**



Becky Hoops thrills a crowd at the Fringe Festival in Old Strathcona yesterday. Fringe-goers braved record temperatures yesterday as the mercury climbed to 36 C in spots.

First-timers needed for adult movies

SEX An Edmonton porn company is looking for a few good women.

"Our First Time series is for someone that's never done an adult movie before," says producer Jason Danilak of Real Productions, a Sherwood Park

company just approved as the first all-Canadian cable adult channel, Northern Peaks.

With 30 first timers under their belt, the Real Productions is putting their money where their mouth is and are offering

virgin pornstars a minimum of \$15,000 to put their mouth, and everything else, where the money is.

"We get terrific people out of Edmonton," Danilak said. **VICTORIA HANDYSIDES/**

METRO EDMONTON

West Edmonton Mall shooting deemed suicide

VICTORIA HANDYSIDES
 victoria.handysides@metronews.ca

The death of a 29-year-old man in front of horrified staff and customers at a West Edmonton Mall gun range this weekend was a public suicide, police say.

Police responded to the Wild West Shooting Centre Sunday afternoon and after an investigation, determined the gunshot wound was self-inflicted.

"Unfortunately, the man died in hospital as a result of his injuries," said EPS spokeswoman Patricia Chalupczynska.

This is the second time in just over a year the range in West Edmonton Mall has been the scene of a suicide. A third person attempted suicide in July of 2007, but survived a shot to the face.

Staff at the range remained tight-lipped about the incident yesterday. Police have not released the man's identity and a Medical Examiner's report has

not been completed.

Trauma Scene Bio Services is a local company that specializes in sterilizing crime scenes and cleaning up after a suicide or major medical emergency. Owner Brent Olynk says he's surprised his company wasn't called to the scene, as police are under no obligation to clean up.

"If staff is going to clean it up, then management is going to be sending their staff to get treated for post-traumatic stress," he said.

Olynk said that 75 per cent of the suicide scenes his staff attend are from self-inflicted gunshot wounds.

"With restrictions on guns, it makes common sense someone would do it there," he said. "It's the easiest place to get a gun. It's pretty easy to go into a gun range and say you want to try out a gun."

Police confirmed all procedures were followed properly by Wild West staff and no criminal charges would be laid in the incident.

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Three men from Burnt Islands, N.L., were convicted of fishing violations after a high-tech investigation, CBC News Online reports. Department of Fisheries and Oceans officers tracked the men after finding unmarked lobster traps and placing live lobsters implanted with microchips in each of the traps. **METRO NEWS SERVICES**

Poachers foiled by lobsters with microchips

Canada



Buyer's market for yachts

As Americans cut back spending on life's necessities, Europeans and Canadians are taking up the slack by buying some of life's luxuries, including yachts. Yacht sales, especially previously owned vessels that sell for more than \$300,000, are selling quite strongly, several boat brokerages say.

REUTERS

Olympic bypass costly: Chretien

In bypassing the Beijing Olympics, Prime Minister Stephen Harper has undermined the work that every Canadian leader since John Diefenbaker has poured into improving relations with China, Jean Chrétien said yesterday.

The former prime minister said he would not have hesitated for "a second" to attend the Games, and

political potshots

• Yesterday's remarks were not the first Chrétien has aimed at Harper. At the 2006 Liberal leadership convention, when he

openly mocked Harper, saying "I was in China and Hong Kong ... I think Harper is even less popular (there) than in Canada."

called Harper's decision to skip the opening ceremonies a mistake with potentially costly consequences for Canadian

trade.

"It is the second-biggest economy in the world and, in 50 years, it will be the biggest," Chrétien told re-

porters after a speech to the Canadian Bar Association.

"Starting with Diefenbaker, Trudeau and all of us, we established very good relations, relatively speaking, with China. And suddenly you break the bridge."

Harper's office noted in response that Chrétien had missed several

Olympics while he was prime minister from 1993 to 2003.

"Prime Minister Chrétien ... skipped the '94, '98, 2000 and 2002 opening ceremonies. ... Should we conclude that relations with those countries were damaged?" said Dimitri Soudas, Harper's assistant press secretary.

TORSTAR NEWS SERVICE

Prentice promotes trade pact in U.S.

NAFTA Industry Minister Jim Prentice talked up the North American Free Trade Agreement in the United States yesterday in an attempt to counter criticism of the trade pact south of the border.

"Under the auspices of NAFTA we have created an incredibly successful trading relationship," Prentice told Torstar News Service after speaking to the Americas Competitiveness Forum in Atlanta.

With manufacturing jobs disappearing in the United States at an alarming rate, there is a growing chorus of voices blaming the free trade deal for bleeding off jobs to Canada and Mexico.

TORSTAR NEWS SERVICE



CNE Olympic spirit



Mathieu Turgeon, a two-time Olympian and winner of a bronze for trampolining at the Sydney Olympics in 2000, leaps through the air at the CNE in Toronto yesterday — the same day his wife Karen Cockburn won a silver medal for trampolining in Beijing.

News in brief

POLITICS Stephen Harper kicked off a quick swing through southern Ontario with a speech that served as a rallying cry to party faithful. With four byelections looming and the strong whiff of a federal fall election in the air, Harper mocked Liberal Leader Stéphane Dion last night as a weak leader.

SCIENCE Patients infected with West Nile virus can develop long-term symptoms such as fatigue, fuzzy thinking and movement difficulties, but researchers at McMaster University in Ontario said yesterday that these symptoms go away after about a year.

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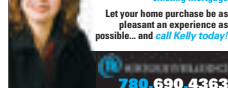
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The BlackBerry Bold, RIM's latest smart phone offering aimed at the company's customer base of business users, will hit Rogers stores on Thursday. No pricing has been announced yet, but RIM co-CEO Jim Balsillie said in May it will cost between \$300 to \$400. **REUTERS**

World/Business

Musharraf steps down

The United States praised Pakistani President Pervez Musharraf as a committed partner against terrorism and pledged after his resignation yesterday to keep a good relationship with the new government and take on extremism together.

Secretary of State Condoleezza Rice praised Musharraf for having

made the "critical choice" to join the battle against al-Qaida, the Taliban and other extremists.

U.S. officials have recently voiced frustration with Pakistan's efforts as the Taliban and al-Qaida regrouped in its remote trib-



Pervez Musharraf

al areas. That is where some American officials and analysts believe al-Qaida leader Osama bin Laden is hiding. Speculation that Musharraf would resign had mounted since Pakistan's fractious coalition government, led by the party of

the assassinated former prime minister, Benazir Bhutto, said this month it had intentions of impeaching him.

Bush has not spoken with Musharraf since his resignation was announced.

The United States was not involved in any asylum discussions with the Pakistani leader. **REUTERS**

Russian troops yet to leave Georgia

CRISIS Russian troops and tanks were still deployed in several areas of Georgia early today, apparently defying pressure from the West to withdraw quickly.

Armed Georgian policemen and Russian soldiers guarded separate checkpoints only a few hundred metres apart in the village of Igoeti in central Georgia, about 45 km (28 miles) from the Georgian capital, Tbilisi.

Russia's Defence Ministry has said the army's withdrawal from Georgia has started, but yesterday a Reuters correspondent who

travelled to the central town of Gori saw little evidence of a pullout from the area.

The conflict began 10 days ago when Georgian forces tried earlier this month to recapture South Ossetia, which broke free from Tbilisi in a war during the 1990s. Russia launched an overwhelming counterattack to support the separatists.

The Russian attack included air strikes on economic targets deep inside Georgia, forcing the Georgian army into retreat, and shocked the West. **REUTERS**



A boy in Stavropol looks at photographs of damaged buildings in Tskhinvali, the main city of Georgia's breakaway region of South Ossetia.

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Key West shrugs off storm

FLORIDA As Tropical Storm Fay buffeted Key West yesterday, islanders displayed the nonchalance that has earned Florida's southernmost city its laid-back reputation.

"I might close if there are no customers, but not because of this weather," said Sean Kiborn, manager of Starbucks on Key West's main thoroughfare, Duval Street.

"There haven't been any

real problems with Fay," said Doug Bryan, who works at the city marina and lives on his houseboat, Casa Blanca. "I've worked with some of the boat owners, especially the live-aboard folks. Mostly we are adding lines for security."

The island city of about 25,000 residents lies at the end of the 210 kilometre Florida Keys archipelago and its economy depends heavily on tourism. **REUTERS**

News in brief

AFGHANISTAN A Taliban suicide bomber rammed an explosives-packed car into the gate of the main U.S. military base yesterday in Afghanistan, killing 10 civilians.

IRAN Iran said yesterday it was ready to help fellow Muslim states launch satellites into orbit after it successfully put a dummy satellite into orbit on Sunday — a move that may increase Western suspicions over its atomic ambitions.

MAURITANIA The United

States has threatened more cuts in aid to Mauritania if the country's new military rulers do not reinstate its first freely elected president, Sidi Mohamed Ould Cheikh Abdallahi, who is currently being imprisoned by the ruling military junta.

ARGENTINA Government plans to decriminalize drug use are stirring controversy in Argentina's slums, where a crack-like drug called paco is blamed for fueling crime, violence and desperation. **REUTERS**

Business

Visa, banks launch fraud-alert program

NEW YORK Visa Inc. and eight U.S. and Canadian lenders have launched a pilot program designed to alert cardholders in real time that they might be victims of fraud.

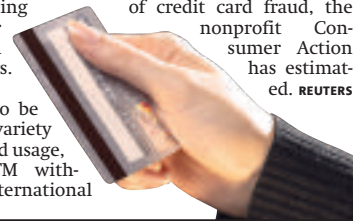
Visa, the world's largest card network, said the test will provide as many as 2,000 cardholders with alerts via e-mail or through their mobile devices within seconds of their cards being used, rather than within hours or days.

Participants may choose to be alerted to a variety of types of card usage, including ATM withdrawals, international

transactions, Internet or phone transactions, and transactions above specified amounts.

Canadian lenders taking part in the pilot program are Royal Bank of Canada, Toronto-Dominion Bank and Vancity, which is Canada's largest credit union.

Card companies report losses approaching \$50 billion U.S. annually because of credit card fraud, the nonprofit Consumer Action has estimated. **REUTERS**



Fannie, Freddie fall 20 per cent

NEW YORK The prospect of more losses from the mortgage crisis hurt the shares of banks and the two biggest home finance providers yesterday, pushing all three major indexes down about 1.5 per cent.

Fannie Mae and Freddie Mac shed more than 20 per cent each after Barron's reported that the U.S. Treasury may need to recapitalize the home finance giants. Such a move could wipe out shareholders and effectively nationalize the government-sponsored enterprises.

The Treasury says it had no plans to use its authority to backstop either of the two companies. **REUTERS**

In brief

OIL Oil fell to \$113 U.S. a barrel as fears eased that Tropical Storm Fay would damage major oil and gas infrastructure in the Gulf of Mexico. While some offshore personnel had to be evacuated, it appears the storm will miss crucial production and refinery facilities. However, oil's losses were tempered by hindered shipments in Georgia.

COREL Consumer software developer and maker of WordPerfect, CorelDraw and WinZip Corel Corp. said Monday its majority shareholder Corel Holdings LP — which owns 69 of Corel's shares — has withdrawn its offer to buy out the rest of the company. Corel now sits at \$9.43 Cdn a share in Toronto. **REUTERS**

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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONews.CA

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Thinking about starting your own business? Looking to make more money in your current position? Or thinking of moving into a new position altogether? If you answered yes to any of these questions, then what you need is a mentor.

Mentors have "been there, done that" and can provide honest and thoughtful feedback. They can also answer your questions from a place of experience and insight. Each Smart Cookie has a mentor of her own and our business has assembled a board of advisors to help us with anything and everything needed to succeed.

So before you quit your day job to start a dog

grooming empire, you might want to search out a profitable company doing just that and spend a few days seeing if you: A) actually like washing dogs and B) have the resources and energy needed to launch your own initiative.

Here are some of our favourite tips on how to find a mentor: **Source out mentorship programs in your local area.**

A lot of these organizations are national programs with local chapters. Some require an annual fee to join. For that fee, you are connected with a mentor and also have the opportunity to attend monthly meetings. Oftentimes there are events and educational seminars throughout the year where you can learn more about topics like negotiation, starting a small

"Mentors have 'been there, done that' and can provide honest and thoughtful feedback."

favourite and we have been lucky to gain one of our own mentors here. To learn more check out fwe.ca.

Use your network wisely. We all have a network of friends and family. And often these people are eager to offer up their support and even their own connections. Why not take full advantage of the fact that these individuals want to lend a hand? If it is you who is approaching contacts for help, be sure to be clear about your expectations, and be open and willing to learn from these people. And most importantly, if you need something, ask. What's the worst that can happen?

Blogs, blogs and more blogs.

Mentoring doesn't have to take place face-to-face or even over the phone. The advice that you need can sometimes come in the form of online experts. Blogs, such as Loaded Bow (loadedbow.wordpress.com), seek out the experience and accomplishments of entrepreneurs in hopes that it may benefit others. We like Google Reader because we can get our favourite blog updates fed directly to our e-mail accounts. Visit commoncraft.com/rss_plain_english for more information.

Questions? E-mail smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

InvestmentPerspective

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Reader wonders: Why buy?

Q Since university, I have rented an apartment for the past seven years. This has given me an opportunity to save and invest without the obligations of a mortgage and enlarging profit margins for banks. Home ownership is another mechanism used by the large financial institutions to own people. Why do so many people take such extreme measures to own a home?

Gerry

A The banking industry has its own advocates and I may not be its first choice. Although banks can reap absurd profits, it comes with risk. Investors continue to be hesitant to invest in the financial industry until the U.S. debacle can be measured.

Although homeownership has financial paybacks for the owner, the

MoneyMatters

Henry Choo Chong

choochonghcg@yahoo.ca

emotional satisfaction is greatest. Individuals take pride in their home, from the dirt in their fingernails from growing plants to weekly visits to their chiropractor after building a new deck. For many, buying a home is a form of forced saving and the only asset for their retirement. A house continues to be the most valuable asset owned by an individual.

Dreams are part of life, without them, sleep would be eight hours of nothingness.

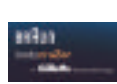
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Only 10 of the 10,500 athletes competing in the Beijing Olympics are openly gay, according to a study by a gay website. Nine of the gay athletes named by Outsports.com were lesbians. **REUTERS**

Beijing Games

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Loss could be final blow for Canada

BASEBALL Canada's medal hopes all-but-disappeared with a 1-0 loss to Japan in Olympic baseball yesterday in Beijing.

Atsunori Inaba's fifth-inning solo home run powered Japan to victory and back into the medal chase improving their record to 3-2 while Canada — which suffered its fourth consecutive one-run defeat — fell to the bottom of the heap with just one win.

Canada loses, but still advances

SOFTBALL Canada's women's softball team has advanced, keeping their medal hopes alive.

Despite losing their last four games the Canadian squad moves on after Venezuela was beaten by Australia. Canada (3-4) now faces Australia (5-2) tomorrow in the semifinals.

The other semi has the United States (7-0) playing Japan (6-1).

The gold medal game is set for Thursday.

Despatie closes in on diving medal

DIVING Montreal's Alexandre Despatie has advanced to the final in men's 3-metre springboard diving.

Despatie had a strong performance in the semifinals, finishing second behind He Chong of China. He will compete tomorrow hoping to add a gold to the silver he won in the same event at the Athens Games four years ago.

REUTERS

Medal count

Rank	Nation	Gold	Silver	Bronze	Total
#1	U.S.	22	24	26	72
#2	China	39	14	14	67
#3	Russia	8	13	15	36
#4	Australia	11	10	12	33
#5	France	4	11	13	28
#6	Britain	12	7	8	27
#7	Germany	9	7	7	23
#8	South Korea	8	9	6	23
#9	Japan	8	5	7	20
#10	Italy	6	6	6	18
#11	Ukraine	5	3	8	16
#12	Netherlands	3	5	4	12
#13	Cuba	1	5	5	11
#14	Belarus	1	3	7	11
#15	Canada	2	3	4	9
#16	Romania	4	1	3	8
#17	Spain	3	3	2	8
#18	Kazakhstan	1	3	4	8
#19	Poland	3	3	1	7
#20	Kenya	2	3	2	7

(Count at the end of Day 10)

Silver linings for Canadians

Whitfield wins 2nd Olympic medal, Cockburn nabs 3rd, Millar gets 1st

Add three more silvers to Canada's medal haul.

Victoria's Simon Whitfield won his second Olympic medal early this morning with a silver in the men's triathlon.

Whitfield, a gold medalist in Sydney in 2000, broke free from the pack and held the lead down the stretch, but was passed with 100 metres to go by Germany's Jan Frodeno. Edmonton's Paul Tichelaar finished in 28th place.

Yesterday in Beijing, Toronto's Karen Cockburn bounced back from a painful right knee injury to win silver in the trampolining competition.

Soon after, 61-year-old Ian Millar of Perth, Ont., and his teammates — Eric Lamaze of Schomberg, Ont., Jill Henselwood of Oxford Mills, Ont., and Mac Cone of King City, Ont. — also brought home a silver finish, this time in equestrian team show jumping.

The medal is Millar's first in nine trips to the Games.

Asked how it feels to get a medal after nearly four decades of trying, Millar



The Canadian team, from left, Mac Cone, Ian Millar, Eric Lamaze and Jill Henselwood celebrate after receiving their silver medals following the Olympic equestrian team show jumping competition yesterday in Hong Kong.

replied, "If you persevere long enough, if you do the right things long enough the right things will happen. That's the definition of perseverance and I've always been a perseverer."

Cockburn, who said she was in such pain on Sunday that she took a complete 24-hour rest and a handful of medication, now has three Olympic medals after bronze in Sydney and silver in Athens.



"It's so hard to believe," Cockburn said. "I just started this sport for fun. It wasn't even an Olympic sport. Then it got into the Olympics. I went to three Games. I have a third medal."

"I do this sport for fun and this is just bonus and it's amazing and I'm just trying to soak it in."

METRO NEWS SERVICES



Victoria's Simon Whitfield fell back to fourth with just less than two kilometres to go in the men's triathlon early this morning in Beijing, but dug deep to battle back to win the silver medal.

Perseverance pays off for elite athletes

YorkReport

Marty York

marty.york@metronews.ca

Adam van Koeverden is a kayaking king, a heavy favourite for Olympic gold this week.

And, yet, it wasn't all that long ago when this same young man from Oakville, Ont., suffered from an inferiority complex.

"I used to feel weird in gym class (less than 10 years ago) because I wasn't good at any team sports," van Koeverden mentioned before he flew to Beijing, where he qualified yesterday for the men's 1,000-metre final with a dominating open-

ing-heat performance he led from start to finish. "I felt inferior. I couldn't really dribble a basketball or kick a soccer ball."

What's remarkable is how common this is. Many athletes in Beijing flopped in other sports before turning to theirs.

Would you believe 23-year-old swimming sensation Michael Phelps — yes, the same American dude with the unprecedented eight gold medals — was cut by a kid's baseball team?

Oh, and the world's fastest man, Usain Bolt? He's a record-setting sprinter, of course, but couldn't crack a Jamaican soccer team during his pre-teens.

"It's amazing how often you see athletes succeed in individual sports after they've experienced setbacks in team sports," said

Bob Bowman, who has coached Phelps since the swimmer was 11.

"Team sports are emphasized more when we grow up, by our parents and our schools. Kids often get depressed when they don't make it in team sports, but that's also when they often check out individual sports, exactly what happened with Michael."

Bowman spotted Phelps as a pool prodigy in Baltimore. It was Bowman, a college swimmer-turned-coach with a degree in child psychology, who convinced Phelps' par-

Jamaica's Usain Bolt, who won gold on Saturday in the men's 100-metre race, failed to make a local soccer team as a boy.

ents he had the talent to develop into an Olympic star.

"He lacked confidence at first," Bowman said. "And he was battling a disease (attention deficit hyperactivity disorder). But he overcame all that as he realized his strengths."

The Olympics are laden with stories about athletes succeeding after overcoming adversity.

Rowing's Dominic Seiterle, part of the Canadian men's eight team that won

gold in Beijing, couldn't even compete at the 2004 Olympics in Athens because of a serious blood infection that almost took his life. He also overcame thyroid cancer.

Karen Cockburn, the Ontario who garnered silver on the trampoline in Beijing, was under a knife less than a year ago after tearing cartilage in a knee. And then there was Ontario's Ian Millar finally winning a silver in equestrian, in his ninth Olympics appearance, at age 61.

Remarkable comeback stories go on and on. They're as fascinating as the Olympic competitions themselves. And they teach us nifty lessons about perseverance.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Dodgers on verge of acquiring Maddux, report claims

The Los Angeles Times reported last night that the Dodgers had agreed to the terms of a deal with the Padres for veteran right-hander Greg Maddux. **METRO NEWS SERVICES**

9

Sports

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONWS.CA

World Cup hopes heat up

When asked what gave Canada's national team an edge over the squads they'll face in the next round of World Cup qualifying, head coach Dale Mitchell chose diplomacy, electing instead to praise the overall quality of his team's next few opponents.

Houston Dynamo star Dwayne De Rosario was a little more specific, saying that among Jamaica, Honduras and Mexico — their opponents in the group stage of World Cup qualifying — the Canadian team's aggressiveness sets it apart.

But fellow midfielder and Scarborough native Julian de Guzman gave the most straightforward, and optimistic, assessment of the team, its quality and its prospects.

"It's the best team I've ever played with," said de Guzman, who plays for Deportivo La Coruna in the Spanish first division and was named the club's MVP last season. "It's now or never ... If we can't (qualify for the World Cup) now, then we're never going to get it done."



Julian de Guzman, left, controls the ball as Ali Gerba, right, gives chase during the Canadian national soccer team's practice at BMO Field yesterday. Canada takes on Jamaica tomorrow.

After dispatching St. Vincent in June, Canada's qualifying odyssey for South Africa 2010 begins for real tomorrow night, when they open group play here against Jamaica.

Yesterday's two-hour session was one of just two the team will have before the game. With several key players missing and the remainder getting familiar

with each other again, the practice started slowly, but Mitchell was impressed with how it ended.

"It took a while to get them going," said Mitchell, who in 1986 played on the only Canadian team to reach the World Cup. "(But) by the end of the session the ball was buzzing around."

TORSTAR NEWS SERVICE

Sports in brief

MLB Texas Rangers second baseman and American League MVP candidate Ian Kinsler, right, was placed on the 15-day disabled list yesterday with a sports hernia.



NFL The Chicago

Bears announced yesterday that Kyle Orton will line up under center in the team's season opener September 7 in Indianapolis.

NFL The Houston Texans announced yesterday that they have signed

running back Marcel Shipp. Shipp, an eight-year veteran, was released by Arizona earlier this month.

NFL The Miami Dolphins have released offensive lineman Steve McKinney.

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SCOREBOARD

MLB					CFL								
AMERICAN LEAGUE					WEST DIVISION								
EAST DIVISION					EAST DIVISION								
W	L	PCT	GB		W	L	T	PTS					
Tampa Bay	76	48	.613	—	Saskatchewan	6	1	0	12				
Boston	72	53	.576	4½	EDMONTON	4	3	0	8				
N.Y. Yankees	66	58	.532	10	Calgary	4	3	0	8				
Toronto	64	60	.516	12	B.C.	4	3	0	8				
Baltimore	60	64	.484	16	EAST DIVISION								
CENTRAL DIVISION					W	L	T	PTS					
W	L	PCT	GB		Montreal	5	3	0	10				
Chicago Sox	71	53	.573	—	Toronto	3	5	0	6				
Minnesota	70	54	.565	1	Hamilton	2	6	0	4				
Detroit	61	64	.488	10½	Winnipeg	2	6	0	4				
Cleveland	56	67	.455	14½	WEEK 9								
Kansas City	55	69	.444	16	THURSDAY'S GAME								
WEST DIVISION					Saskatchewan at EDMONTON, 7								
W	L	PCT	GB		FRIDAY'S GAME								
L.A. Angels	76	47	.618	—	Calgary at B.C., 8:30								
Texas	62	64	.492	15½	BASEBALL								
Oakland	57	67	.460	19½	GOLDEN BASEBALL LEAGUE GAMES								
Seattle	46	78	.371	30½	FEATURING THE								
NATIONAL LEAGUE					EDMONTON CRACKER CATS:								
EAST DIVISION					TONIGHT'S GAME								
W	L	PCT	GB		Reno at EDMONTON, 7:05								
N.Y. Mets	68	57	.544	—									
Philadelphia	66	58	.532	1½									
Florida	64	61	.512	4									
Atlanta	56	69	.448	12									
Washington	44	81	.352	24									
CENTRAL DIVISION													
W	L	PCT	GB										
Chicago Cubs	76	48	.613	—									
Milwaukee	72	54	.571	5									
St. Louis	70	57	.551	7½									
Houston	63	62	.504	13½									
Pittsburgh	58	69	.448	20½									
Cincinnati	55	70	.440	21½									
WEST DIVISION													
W	L	PCT	GB										
Arizona	64	60	.516	—									
L.A. Dodgers	64	60	.516	—									
Colorado	57	69	.452	8									
San Francisco	53	71	.427	11									
San Diego	48	76	.387	16									
WESTERN RESULTS													
AMERICAN LEAGUE													
Boston 6 Baltimore 3													
Chicago White Sox 13 Seattle 5													
Detroit 8 Texas 7													
Oakland 3 Minnesota 2													
Tampa Bay 6 L.A. Angels 4													
NATIONAL LEAGUE													
Milwaukee 9 Houston 3													
Pittsburgh 5 St. Louis 3													
San Francisco 5 Atlanta 0													
TONIGHT'S GAMES													
AMERICAN LEAGUE													
Boston at Baltimore, 5:05													
Kansas City at Cleveland, 5:05													
N.Y. Yankees at Toronto, 5:07													
L.A. Angels at Tampa Bay, 5:10													
San Francisco at Detroit, 6:05													
Oakland at Minnesota, 6:10													
Seattle at Chicago White Sox, 6:11													
NATIONAL LEAGUE													
Washington at Philadelphia, 5:05													
Atlanta at N.Y. Mets, 5:10													
Houston at Milwaukee, 6:05													
Cincinnati at Chicago Cubs, 6:05													
Pittsburgh at St. Louis, 6:15													
San Diego at Arizona, 7:40													
Colorado at L.A. Dodgers, 8:10													
Florida at San Francisco, 8:15													

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The side-effects of AIDS drugs — including increases in belly fat, elevated blood pressure and high triglyceride levels — are significantly reduced by very small doses of growth hormone, according to the results of a new trial. **REUTERS**

Your Health

The benefits of cocoa

Next time you have a chocolate craving, try reaching for something that provides more than just a sweet fix. Chocolate+Plus, exclusive to Shoppers Drug Mart and Pharmaprix, is a healthier alternative. It is gourmet chocolate infused with calcium, probiotics and vitamins. The 50g bars are available in eight flavours and cost \$2.49. **METRO NEWS SERVICE**

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Walk on the wild side

Urban poling gaining in popularity across Canada

LEYLA EMORY
for Metro Canada



Despite the suggestive name, urban poling — a.k.a. Nordic walking — is not quite as sexy as its sultry cousin pole dancing. But it's just as physical and just as hot.

"If you're out for a walk in Germany and you don't have poles, people kind of look at you funny," says Barb Gormley, owner of CustomFit Personal Training and Ontario master trainer for the Nordic walking company Urban Poling. The trend of walking with poles has taken off in Vancouver and is building a reputation across Canada. "In one of my classes

we're known as the chicks with sticks. We're there with the dog walkers, the runners and everybody else," says Gormley. "There are more and more of us around for sure."

To date, Gormley has certified between 150 and 200 people, some of whom are teaching up to eight urban poling classes a week, she says.

Part of the attraction is it's easy, both on the budget and the bones.

"You don't have to go out and buy anything fancy ... wear what you would for a power-type of walk," she says. "It's not an expensive sport. The poles are about \$100 and you'll have them for a lifetime."

What is it?

- Nordic walking began as a summer training routine for competitive cross-country skiers. Participants use two specially designed poles to work the upper body while walking. Like cross-country skiing, the poles are used by the arms to match each stride the person takes.
- Up to 40 per cent more calories are burned when Nordic walking compared to walking.

METRO NEWS SERVICES

The titanium rods with their rubber boot tips absorb impact, making urban poling easier on the joints.

"You're offloading weight from your lower body into the poles, so people who have knee or hip problems can walk further without pain," Gormley explains.

Leticia Kurucz, a 39-year-old with osteoarthritis in her knees, credits urban

poling for her ability to walk at all.

"Around this time last year, I wasn't able to walk," says Kurucz. "I started (urban poling) and began noticing improvement in my knees."

Kurucz now joins Gormley every Sunday and goes out on her own at least three to four times a week for 45 minutes to an hour.



Barb Gormley, centre, leads a group of Nordic walkers. You can burn up to 40 per cent more calories walking this way.

"It's a lot easier on the joints," says Leigh Davis, a physiotherapist at On the Mark.it Physiotherapy & Sports Injury Clinic.

"It would be a great transition point for those with joint related injuries," he says. "You could move from a bike to Nordic walking and back to running or walking on a treadmill."

But why would you want

to? Like another favourite pastime, urban poling burns calories without letting on that you're doing it.

"Your heart rate is higher, you're working harder, but the level of perceived exertion is not higher," Gormley says. "Nobody's really been able to explain that to me but it's just another bit of good news. It's all good news."

Do you have psoriasis on your face?

Do you know someone who does?



Psoriasis is a life long skin disease that causes dry, red scaly patches (called "lesions") on the skin. **FACIAL PSORIASIS** most often affects the eyebrows, the skin between the nose and upper lip, the upper forehead and the hairline.

Right now, a local dermatologist is looking for volunteers to participate in a facial psoriasis research study involving an investigational treatment.

If you or someone you know is 18 years of age or older and suffers from facial psoriasis, please contact **Stratica Medical** at:

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**Dr. Norman Wasel, Dermatologist
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Some help for HIV patients The side effects of AIDS drugs are significantly reduced by very small doses of growth hormone, according to the results of a new trial.

REUTERS

lifestyle **11**

An Olympian couch potato

HineSight

Anne
Hines



The Olympic games. What better way to celebrate the power and majesty of human athleticism than to hole up on the couch for two weeks and watch it all on TV?

For those wishing to participate at the highest level of Olympic Watching here is The Couch Potato (our slogan: "Just view it!") Guide to the Olympics.

Tip #1: Move away from the remote and no one will get hurt.

In our house, deciding who gets control of the channel changer is a tougher event than Olympic wrestling. The key to enjoying Olympic viewing is not to develop "channel envy." This is a medically recognized, psychological condition described as: "The persistent and compelling feeling that whatever

you're watching on CBC, something better is likely happening on NBC." A bad case of this has resulted in my missing the American men's gymnastics upset and every one of Phelps gold medal wins. I have, however, caught the tail end of 137 Coke ads.

Tip #2: Know your limit and watch within it.

For anyone who did not properly prepare for the upcoming Olympics by weaning yourself off the need to sleep, keep this in mind: Just because you can stay up until 2 a.m. watching Norwegian women's ping pong finals, doesn't mean you'll respect yourself for it in the morning.

Somehow, around midnight I become deeply committed to knowing the outcome of sports I previously had never heard of. Choose a viewing limit and when you reach it, turn off the TV. I mean, unless the men's skiff dinghy racing is on. Or the Cuban team is playing whirly ball. Or...

Tip #3: Do your research: Taking time to do a little homework will enhance your enjoyment of the games.

As Canadians, it helps to make a list of countries less likely to get medals than we are. In years when our team is less than stellar, consider

Around midnight I become deeply committed to knowing the outcome of sports I previously had never heard of.

including countries that did not actually send any athletes. No matter how bad things get, we can shout, "We beat out Lower

Bosnia!"

Tip #4: Prep for post-Olympic blahs.

While the athletes may take home golds, silvers and bronzes, TV viewers are often left with the blues. Use this moment to commit yourself to the kind of rigorous endurance testing the Olympic games inspire. Then, rent all eight seasons of the Sopranos and go for gold.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



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The Verve defied rumours of another split by headlining the U.K. version of the Virgin Festival last weekend. During their set, the band combined new material from their forthcoming album *Forth* with a host of fan favourites including *Bitter Sweet Symphony*. **MUSIC-NEWS.COM**

Bittersweet performance at V-Fest

Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Iran gig delayed

A Chris de Burgh concert set for Iran this fall has apparently hit a snag, with the country's Culture Ministry denying it has granted authorization, CBC reports.

METRO NEWS SERVICES

Taking Fringe to the Movies

ANDREAS MORSE
for Metro Edmonton

Fittingly, my Fringe adventure started on Saturday night with a stop in the beer tent.

No sense going to a play on an empty stomach. I made the short trek across the train tracks when I saw the line forming at Stage 4, hoping against hope that the venue would be air-conditioned.

No such luck. Wolf Productions' *The Movies* (Abridged) played out in a sauna equipped with one small ceiling fan. We may as well have been in Hawaii.

By the time my first Grasshopper had soaked through my shirt, the play started and I quickly

forgot about the heat... sort of.

If I thought it was hot in the audience though, the actors must have been sweltering in their costumes of long-pants and black shirts. To their credit, they acknowledged the heat in an improvised opening scene, drawing laughs, and moved on.

The Movies (Abridged) was written by Elan Wolf Farbiarz (Killing Kevin Spacey) and Rob Gee (The Genghis Khan Guide to Etiquette). The two playwrights share the stage with Joshua Levine who also joins Farbiarz in Killing Kevin Spacey at this year's Fringe.

The story follows a mainstream video store clerk, played by Farbiarz, who gets a phone call



Cast of *Movies* (Abridged) from left: Elan Farbiarz, Rob Gee and Joshua Levine.

from his boss telling him he's in line for a promotion to manager. All he has to do is watch a train-

ing video and pass a test.

The play focuses on the training video and the trio act out scenes from

blockbuster movies while explaining that films like Peter Jackson's *The Lord of the Rings* would never

have been made had it not been for *Bad Taste*, or that the only way for Adam Sandler to get his career back on track is to commit suicide.

The write-up in the Fringe Program Guide promises laughs and the cast delivered especially in the When Harry Met Sally orgasm scene. Levine, in my opinion, was far more convincing than Meg Ryan, but that might have something to do with Gee being under the table.

The trio delivered on a sweltering Fringe night and I would recommend *The Movies* (Abridged).

Back to the beer tents to cool off; next time I'm bringing a fan.

It plays again August 19, 21, 23, 24.

	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	2	CFRN	239 318	TMZ (N)	Jeopardy!	Canadian Idol	The Hills (N)	Without a Trace	XXIX Summer Olympics (HDTV)	Law & Order: SVU		News (N)
	3	KHQ	- 370	News	Raymond	Jeopardy!	Wheel-Fortune	XXIX Summer Olympics (HDTV)				
	4	CBXT	- 307	(4) XXIX Summer Olympics (HDTV)	(Live)							
	6	KREM	- 371	News (N)	Hollywood Friends	Scrub		NCIS "Dog Tags" (HDTV)	Big Brother 10 (N)	Without Trace		
	7	CKEM	241 347	Friends	Friends	Reaper		Hell's Kitchen	Reaper "Greg, Schmeg"	Your City		
	8	CITY	240 339	ET Canada	Entertainment	In Plain Sight (N)		Wipeout	Big Brother 10 (N)	News Hour		
	12	CBXFT	119 705	Chine	La Zone olympique (N) (SC)			Le Téléjournal	Les XXIXe Jeux Olympiques d'été (HDTV)			
	13	XXLY	- 371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Wipeout	(10:02) Wanna Bet?	Primetime-Med		
	16	KAYU	- 373	'70s Show	The Simpsons	Two/Half Men	Two/Half Men	House "The Right Stuff"	Sarah Connor Chronicles	News (N)		
	19	CHTV	-	'70s Show	El News	Real Housewives		Simple Life	Kardashians	Pam: On Loose	Sunset Tan (N)	News (N)
news	22	KSPS	- 374	NewsHour With Jim Lehrer	Nova (DVS)			Wild! Strategies of the chimp.	Wide Angle (N)	Healing Words:		
	24	WTVS	- 364	One Six Right: The Romance of Flying	Wide Angle (N)			The Savages	Tavis Smiley	Charlie Rose (N)		
	15	CBNC	502	-	CBC News: The National	CBC News: The National		CBC News: The National	CBC News: The National	Bangkok Girl		
	21	TWN	505 398	(5) EarthWatch One	EarthWatch One			EarthWatch Two				
	27	CNN	500 500	Larry King Live	Anderson Cooper 360 (HDTV)							
	54	CTVN	501 391	CTV Newsnet	News	CTV Newsnet		News	CTV Newsnet	News		
	60	BNN	504 508	Taking Stock	Market Call			Business News	Market Call	Workopolis TV	Taking Stock	
	20	TSN	400 400	(4:30) XXIX Summer Olympics (HDTV)	(Live)			SportsCentre	Boxing Joshua Clottey vs. Zab Judah			
	23	net	408 418	MLB Baseball	Sportsnet Connected			World Combat League	Sportsnet Connected	Best-Sports		
	47	SPEED	417 406	Low Life	SuperCars	Super Bikes!	Super Bikes!	Pinks (HDTV)	Pass Time	Unique Whips	Low Life	
sports	94	SCORE	410 403	Football Factories	Score Tonight			Stump-Schwab	Poker: Canadian Open	Score Update	Score Update	
	9	EDACC	267 351	Law & Order: Criminal Intent	Landed: Lives in Canada			Ext. Evidence	I, Detective	Wanna Bet?	Help TV	
	14	YTV	552 543	Drake & Josh	Prank Patrol	Prank Patrol		Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach
	17	TREE	553 546	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears	Dragon (DVS)	Backyardigans	Dora-Explorer	Go, Diego, Go!
	42	TOON	555 545	Teen	Johnny Test	George-Jungle	Tom & Jerry	Tom and Jerry	6teen	Total Drama	Futurama	Armitage: Dual
	45	FAM	557 541	Boyz 101	Life Derek	That's-Raven	Smart Guy	Zack & Cody	Naturally Sadie	Han, Montana	Life Derek	Ned's School
	-	TVA	121 714	TVA 18 heures	Sûre-salé	Les Anges de la rénovation		Km/h (SC)	Caméra café	La Grande Evasion (HDTV)		TVA 22 heures
	18	CMT	575 583	Reba	Hope & Faith	Home Improve.	Roseanne	CMT30 "Dauphin 2008"	Reba	Hope & Faith	Home Improve.	
	25	A&E	615 520	The First 48 (HDTV) (N)	The Cleaner (HDTV) (N)			The Cleaner (HDTV)	Listed "20 Dirty Ditties"	The First 48 "Memphis"	The First 48	
	26	MMM	571 581	Listed "20 Dirty Ditties"	Hogan Knows	Hogan Knows		All Access	Hogan Knows	Hogan Knows		
family	29	FOOD	603 561	HEAT-McEwan	HEAT-McEwan	Top Chef		Restaurant Makeover	Iron Chef America	HEAT-McEwan		
	31	SHOW	617 522	Trailer Park	Billable Hours	reGenesis (HDTV)		Blue Murder	Trailer Park	Kenny-Speny	Eyes Wide Sh	
	32	DISC	520 505	Mighty Ships "Tregurtha" (N)	Deadliest Catch (N)			Daily Planet	Mighty Ships "Tregurtha"	Deadliest		
	33	SLICE	601 562	Shear Genius	Plastic-Perfect	Matchmaker		Newlywed	In Laws	Shear Genius	Plastic-Perfect	
	34	W	602 567	Shopping Bags	House	Will & Grace	Friends	Maxed Out	Style by Jury	Kim	Style by Jury	Good Naked
	35	TLC	521 560	Mystery Diagnosis	Dr. G: Medical Examiner			Can't Stop Growing	Mystery Diagnosis	Med. Examiner		
	36	BRAVO	620 523	Cry Baby	McLauchlan	Live at the Rehearsal Hall		Law & Order	Without a Trace	Entourage		
	38	SPIKE	628 584	Star Wars: Episode II - Attack of the Clones ** (2002, Science Fiction)	Ewan McGregor			Crime Stories	Digging for the Truth	Finding-Fallen		
	40	HIST	522 506	Finding the Fallen	NCIS "Bloodbath"			Laughs	The Simpsons	South Park	Comedy Inc.	
	41	COM	626 547	Laughs	Comics!	Air Force	22 Minutes	Laughs	Star Trek: Voyager	Star Trek: Ent.		
cable variety	43	SPACE	627 528	Blood Ties (DVS)	Battlestar Galactica			Stargate SG-1 (DVS)	Once Upon a Time in Mexico ** (2003)	Survivorman		
	44	WPCH	294 650	MLB Baseball: Braves at Mets	Family Guy	Family Guy		Seinfeld	Don't Forget Your Passport	Seinfeld		
	46	OLN	411 457	Angry Planet	Adventures	Strand-Peters		Pilot Guides	Family Guy	Seinfeld		
	48	TROP	619 525	Tube Tales	Vanity Insanity	News Show		ET Canada	What Happen?	Family Guy	Seinfeld	
	50	STAR	621 527	Sexiest Body Parts	The Ellen DeGeneres Show			FT	TMZ	Sexiest Body Parts		
	52	HGTV	600 564	Colin & Justin's Home Heist	The Stagers	Green Force		Holmes on Homes	Dirty Business	Outside	Colin-Justin	
	65	TLN	700 600	(6) Ferragosto OK	The Sopranos (SS)			Raymond	Raymond	Paid Program	Paid Program	
	92	APTN	269 350	First Talk	News	Wilpogwad	La Course	Regards	Presserebel	Guides	Tears	
	93	VISION	261 394	Quantum Leap	Mystic Women			The Blue Buddha: In Russia	Quantum Leap			
	100	MTV	581 566	Making the Band 4 (N)	From G's to Gents (N)			MTV Live	After	Run's House	Run's House	
cable variety	101	MM	570 580	America's Best Dance Crew	Instant Star	Instant Star		Gone Wild	Gone Wild	America's Best Dance Crew		
	102	CPAC	512 396	Question Period	Revue Politique Headlines			PrimeTime Politics	Question Period	Hse-Commons		
	103	CLT	526 507	Psychic Detect	Ext. Evidence			The West Wing	Psychic Detect	Psychic Detect		
	105	TV5	145 761	La Prophétie d'Avignon	Vietnam, le culte des ancêtres			Journal TV5	Viva Américas	Sur les traces de...	Nouva	
	106	RDI	126 730	Le Téléjournal	Chine	RDI en direct	Le National	Le Téléjournal	RDI en direct	Le Journal RDI	Le National	Le Téléjournal

critics'corner

Without a Trace

Even heroes have secrets. In "Driven," the team investigates the disappearance of a tow truck driver who was praised as a hero for saving a boy from being hit by a bus. It turns out he's been trying to make up for a tragedy in his past. Speaking of pasts, Sam (Poppy Montgomery) isn't pleased when Jack (Anthony LaPaglia) digs up some dirt on her baby's father (Adam Kaufman). Linda Hunt guest stars as an FBI psychiatrist counseling Jack. 11 PM on KREM



House

Hey, it's Big Love! And Ridiculously Old Fraud! House (Hugh Laurie) eventually winnowed down his field of new fellows to three, but this episode takes us back to the beginning of the elimination game. Thirty wannabes are put to work on the case of a military pilot (Essence Atkins) whose illness may disqualify her from astronaut training. And House is seeing his ex-fellows (Jennifer Morrison, Omar Epps, Jesse Spencer) in places where they shouldn't be. 9 PM on KAYU

Lily Allen blames label for disc delays

MUSIC Lily Allen has blamed changes at her record company, EMI, for the delay in releasing her second album, *BBC News* Online reports.

Writing on her blog, Allen said her album had "been finished for a while now" and admitted she did not "really know what's going on with it."

Nearly 2,000 jobs were lost after EMI was bought by private equity firm Terra Firma last year. Allen said she hoped the new album would be out soon.

"The record industry is a very political place at the moment," Allen wrote on her website. "Lots of people have been fired or have taken redundancy recently as the company (EMI) was taken over." **METRO NEWS SERVICES**

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Felicity Huffman landed her role in *Desperate Housewives* in a shocking audition when she complained about the pitfalls of motherhood, stunning casting directors. **IMBD.COM**

Celebrity Buzz

Barr bashes Brangelina

BLOG Roseanne Barr says Angelina Jolie is "evil" and her hubby Brad Pitt "vacuous," tmz.com reports.

Roseanne went insane on her blog, scoffing that Jolie likes Republican presidential candidate John McCain but hasn't decided whom to endorse.

Roseanne rants, "Do you not know that the African daughter you hold in every picture had parents who suffered and died because of the Republican Party's worldwide economic assault on Africa?"

She also mentions two of the other kids are Vietnamese and Thai (actually Maddox is Cambodian), saying their real families are "victims of America's right-wing military incursions."

Roseanne goes on to claim that Brad brings in \$40 million US a year in violent, psychotic films and gives a relatively paltry \$3 million "to starving children trying to look as if they give a crap about humanity."

METRO NEWS SERVICES

Phil's bills: Love costly for Collins

DIVORCE The third time was certainly not the charm for Phil Collins, who's facing yet another pricey divorce, People.com reports.

After six years of marriage and two children, the musician's former wife, Orianne Cevey, 35, has received \$46.76 million US from Collins, 57, reports Britain's *Daily Mirror*. The record settlement tops by some \$2 million what Paul McCartney gave Heather Mills earlier this year.

Collins is no stranger to expensive breakups. Second wife Jill Tavelman received \$34 million after he ended their relation-

ship by fax in 1994.

In all, according to a *Daily Telegraph* tally, Collins's divorces have cost him \$84 million — nearly a third of his estimated \$280 fortune. Collins and Cevey met on tour in 1994 while she was working as a translator. Their children are Nicolas, 8, and Matthew, 4.

Collins also has three other children: Lily, from his marriage with Tavelman, and Simon and Joely, from his first

marriage — to Canadian-born Andrea Bertorelli. That union ended in 1979.

METRO NEWS SERVICES



celebrity brief

Madge's li'l bash

BIRTHDAY Madonna celebrated her 50th birthday Saturday at London club Volstead. "It was a small party," a source confirms to *People.com*. "A private event for her close family and friends. It was low key."

The elaborate bash was organized by her husband Guy Ritchie. Highlights of the evening included Madonna's daughter Lourdes serenading her on piano and illusionist David Blaine performing card tricks.

METRO NEWS SERVICES



celebrity brief

Paltrow draws PETA's wrath

FUR Gwyneth Paltrow is the latest celebrity to feel the wrath of anti-fur campaigners, femalefirst.co.uk reports. The actress has angered PETA by appearing in the campaign for Tod's latest collection wearing fur-lined boots and promoting animal-skin bags, despite being a vegetarian.

PETA have criticized Gwyneth for setting a terrible example by taking money for the advert: "Gwyneth Paltrow won't be the apple of her daughter's eye if she continues to flaunt fur," said a PETA spokesperson.

METRO NEWS SERVICES



Kardashian a techno whiz

PERFORMANCE Kim Kardashian gave her boyfriend a sneak preview of her routine with the Pussycat Dolls via webcam, femalefirst.co.uk reports.

The curvy socialite was so keen to find out what lover Reggie Bush thought of her sexy outfit and raunchy dance moves that she put on a private show for him ahead of her live performance with the dance troupe in Las Vegas last Friday night. She said: "I did iChat with Reggie and I had my costume on

for his approval. I did my whole dance for him when I was practicing. He thought it was so cute. He said, 'Please videotape it so you can send it to me right after.'"

Following the performance, Kim said: "My first part of the show started off in the bathtub in the middle of the club in a vintage, all-

sequin, one-piece bathing suit with puff sleeves and a beach ball! But my second look was my favourite! A white be-dazzled sailor suit. It even had a Kim patch on the sleeve! It went amazingly well and was the best experience ever!"

METRO NEWS SERVICES



celebrity brief

Avril is just 'too sexy' for some Malaysian politicians

MUSIC The major opposition party in Malaysia wants to stop Avril Lavigne's concert in Kuala Lum-

pur later this month because, as they put it, "It is considered too sexy for us ... we want clean artists."

Tmz.com reports that

Malaysia mandates all performers be covered from chest to knees. Jumping on stage is verboten.

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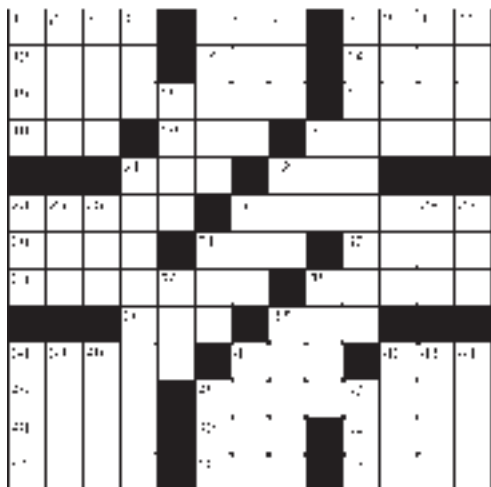
Lennox in recovery

Annie Lennox has had successful spinal surgery for a back injury she sustained in Mexico while attending this month's International AIDS conference, people.com reports.

METRO NEWS SERVICES



Take Five



Crossword down

- 1 Quail group
- 2 On the briny
- 3 Quest for adventure
- 4 Pair on stage
- 5 Long-legged shorebird
- 6 Thrill
- 7 Verily
- 8 Truthful
- 9 Beyond eager
- 10 Farmer's wife's quarry
- 11 Trudge
- 16 Requirement
- 20 Write in the margins
- 21 Burlingtonian, e.g.
- 22 Pooch
- 23 Golfer Ernie
- 24 Kitten's remark
- 25 Arthur of "The Golden

Girls"

- 26 Pie ingredient?
- 27 Sceptre topper
- 28 Beak
- 29 Sauce source
- 31 Lustrous black
- 34 Prize-fighter
- 35 KFC flavorer
- 37 Tales
- 38 Impale
- 39 Unrivaled
- 40 Greek vowel
- 41 Laborer
- 42 Zetas' followers
- 43 Showbiz jobs
- 44 Leave out
- 46 Compete
- 47 Intensify, with up

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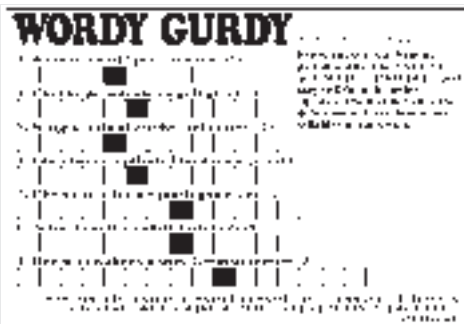
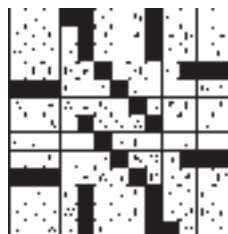
Crossword across

- 1 Hairless
- 5 The air up there
- 8 Improvise
- 12 Birthright barterer
- 13 Neckwear
- 14 Satan's specialty
- 15 Archie's brunette girlfriend
- 17 Puerto—
- 18 Tibetan bovine
- 19 Moose's cousin
- 20 Blasé

- 21 Animal treater
- 22 Happy companion?
- 23 Enclose tightly
- 26 Gestures
- 30 Ogler's look
- 31 Moonshine container
- 32 Sandwich cookie
- 33 Overwhelmed
- 35 Spouse
- 36 Chic no longer
- 37 "Of course"

- 38 David's weapon
- 41 Standard
- 42 "I" strain
- 45 Horn sound
- 46 Not paraphrased
- 48 Initial chip
- 49 Charged bit
- 50 Crèche visitors
- 51 Tolerate
- 52 Type measures
- 53 "Hey, you!"

previous day's answer



This day in history

AUG. 19, 1692: Salem witch trials: In Salem, Mass., five people, one woman and four men, including a clergyman, are executed after being convicted of witchcraft.
AUG. 19, 1919: Afghanistan gains full independence from the United Kingdom.
AUG. 19, 1934: The creation of the position Führer approved by the German electorate with 89.9 per cent of the popular vote.
AUG. 19, 1960: Sputnik program: Sputnik 5 — The Soviet Union launches the satellite with the dogs Belka and Strelka, 40 mice, 2 rats and a variety of plants.

METRO NEWS SERVICES

HOW TO PLAY SUDOKU:

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

5	7	8	1	6	3	4	9	2
1	9	3	4	2	5	8	7	6
4	6	2	9	8	7	1	5	3
9	4	7	3	1	2	5	6	8
2	8	1	5	7	6	9	3	4
6	3	5	8	9	4	2	1	7
8	1	6	2	3	9	7	4	5
3	2	4	7	5	1	6	8	9
7	5	9	6	4	8	3	2	1

SUDOKU SOLVE TIME IN MINUTES:

Under 13: Genius
13-17: Scholar

Horoscopes

AVATAR VENUS

ARIES

MARCH 21-APRIL 20

There'll be a meeting to discuss property. Think fast at a job site. A recent change will become beneficial.

TAURUS

APRIL 21-MAY 21

Indulgence in leisure activities is delayed. A friend introduces a helpful person. Meet with others to deal with bullying.

GEMINI

MAY 22-JUNE 21

Details will be misunderstood. Be attentive to people's feelings and all will be well. Questions about health and family will crop up.

CANCER

JUNE 22-JULY 22

Policy changes can bring relief. Seek out a miracle and take responsibility. The grass isn't greener anywhere else.

LEO

JULY 23-AUG 23

Don't create chaos at a gathering. Delight develops when you indulge in music. Grant a request as soon as possible.

VIRGO

AUG 24-SEPT 22

Join a group that supports your interests. A troubled person will ask for help. A dream will cause revamping of your plans.

LIBRA

SEPT 23-OCT 23

Triumphing over your workload will satisfy you. Someone wants sympathy for a lost cause. A buddy needs funds to do good deeds.

SCORPIO

OCT 24-NOV 22

Don't be a fool for love. Put off telling someone about a realization. A woman carries out a nefarious plan.

SAGITTARIUS

NOV 23-DEC 21

Money will be discussed with a frosty person. Ask discreetly about the reasons for a break-up. Brave words will be spoken.

CAPRICORN

DEC 22-JAN 20

A housemate will change plans. An ambiguous experiment will have good results. Poor work habits will give rise to a lecture.

AQUARIUS

JAN 21-FEB 18

Save yourself from anxiety. Don't play the heavy with a buddy. Avoid stimulating activities or you won't get to sleep.

PISCES

FEB 19-MAR 20

A passionate debate with a loving person leads to goodwill. Be very clear when giving advice. A boy will take a risk by sleeping in.

Sudoku

	4			1		6	3
		6		5	9		
							4
4	6		9		1		
5			7	3			2
		7		6		8	5
6							
		3	5		7		
9	2		8			1	

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Edmonton weather

Afternoon



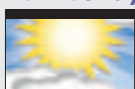
Variable.
27°

Tonight



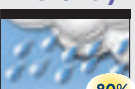
Rain.
Low 13°

Wednesday



Mainly sunny.
23° / 11°

Thursday



Rain.
16° / 9°

Friday



Variable.
19° / 8°



Temperature Normals

High: 21.9°
Low: 9.1°

Records

High: 32.2°/1981
Low: -0.6°/1907

Sunrise: 6:21 a.m.
Sunset: 8:52 p.m.
Moonset: 9:58 a.m.
Moonrise: 9:25 p.m.

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Edson Centre
Market Mall
Marlborough Mall -kiosk
North Hill Shopping Centre -kiosk
Northland Village
Shawnessy Village
Southcentre Mall
Southcentre Mall -Kiosk
Southpointe Shopping Centre
Sunridge Mall
Westbrook Mall

CANMORE
105 - 802 Bow Valley Trail

EDMONTON
3918 White Mud & 17th St.
6143 28th Ave.
9774 170th St.
10103 107th Ave.
10157 - 101 St.
12804 82nd St.
14808 Stony Plain Rd
18563 Stony Plain Rd
Bonnie Doan
Edmonton City Centre
Edmonton City Centre kiosk II
Kingsway Garden Mall
Londonderry Mall
Mill Woods Town Centre
Northgate Centre
Sherwood Park Mall
South Edmonton Common
Southgate Mall -kiosk
St. Albert Centre
St. Albert Trail at 137 Ave.
West Edmonton Mall
Westmount Centre
Whyte Avenue at 107 St.

EDSON
330 45th St. Unit 104

FORT McMURRAY
19 Redel St.
Peter Pond Shopping Centre

GRANDE PRAIRIE
Prairie Mall

LEDUC
4916 50th Ave.

LETHBRIDGE
Lethbridge Smartcenters
Park Place Shopping Centre

LLOYDMINSTER
Lloyd Mall

MEDICINE HAT
Corry Drive Plaza
Medicine Hat Mall

RED DEER
Bower Place Shopping Centre
Parkland Mall

SPRUE GROVE
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booth
the wireless booth

WIRELESSWAVE

Offer ends Sept. 30, 2008. Available with compatible devices within Bell Mobility high speed mobile network coverage areas. Weeknights Mon-Thu, 9pm-7am; Weekends Fri 9pm-Mon 7am. Other monthly fees, i.e., e9-1-1 (75¢), system access (not a government fee; \$8.95), and one-time device activation (\$35) apply to each member. Long distance and roaming charges (including foreign taxes) may apply outside your local area. Upon early termination, price adjustment charges apply. Subject to change without notice; not combinable with other offers. Taxes extra. Other conditions apply. (1) Applies to long distance calls made from and to Canada, in Bell Mobility and its partners' coverage area. (2) Simultaneous use of airtime. (3) With new activation on a 3-yr. contract term. Applies to airtime for calls in your local calling area. (4) With upgrade or new simultaneous activations of a new phone of equal or greater value than the free phone on a 3-yr. contract term on a Share plan consisting of a prime and at least one additional member (max. of 5 members on the same account).